

HÔTOKE | WINTER RECIPES

EASY CHOICE FAMILY KAI

Affordable, healthy and zero food waste.



**LOVE
FOOD**
hate waste
NEW ZEALAND

Four weeks of easy, nourishing dinners.

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First published in 2018 | Re-design 2025

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For further information about Easy Choice, contact info@lovefoodhatewaste.co.nz

On the cover: Nachos, recipe p37

HOW CHOICE IS EASY CHOICE?

Easy Choice helps families shop for, cook and eat nourishing and affordable food. This is one of four seasonal cookbooks with four weekly meal plans. Each week has five dinner recipes. Each meal should feed a family of six (two adults and four children under 10) or four adults.

The recipes in this cookbook are designed for winter as they use winter produce and are perfect for cooler nights — but they can be made any time of the year.

All of the recipes are nutritionally balanced and include plenty of healthy ingredients such as vegetables, beans and whole grains.

The meals are designed to produce zero food waste – all of the ingredients you buy should be used by the end of the week so no food should go to waste. If something is leftover at the end of the week, we have given you bonus recipes for using it up. For some meals, you may have leftovers. The recipe will tell you whether those recipes are suitable to be frozen or whether you need to eat them for lunch the next day.

The shopping list tells you the main ingredients you will need to buy for that week. The staples for the week lists other ingredients that you will need in order to make the meals, but which you are likely to already have in your fridge or pantry. It pays to check the staples before you go shopping in case you don't have something. Some staples are optional – these are clearly marked.

Some ingredients will be used across more than one meal in a week. These ingredients are all marked with a * so you know not to use all of the ingredient in one meal.

So, let's get cooking!



SHOPPING TIPS

These meal plans are designed to use the lowest cost ingredients from the supermarket. However, seasonal weather and price variations may mean that some items are a little more expensive.

Here are some tips to help you keep the prices down:

Buy the supermarket brand

Buying the basic supermarket brand products is a great way to keep your food bill in check. Not only is it saving you money, but there is often very little, if any, difference in quality.

Buy in bulk

There are lots of ingredients like rice, meat, cheese and eggs which are used across all four weeks of this meal planner. If you are going to follow the meal planner for four weeks, you can save yourself some money by buying in bulk at the beginning. Look through the four shopping lists in this booklet and identify any items you can buy in bulk.

Stock up on specials

Meat can be expensive, so if you have room to freeze meat, stock up on it when it is on special and freeze it until you need it. If you buy large portions, make sure you separate it out into meal sized amounts before you freeze it. Chicken breasts and drumsticks, beef mince and bacon are used multiple times throughout this meal planner.

Chicken drumsticks can be purchased in bulk from the frozen section of your supermarket. Chicken breasts, thighs and tenderloins are interchangeable, so buy whichever is cheapest.

Go for the cheaper alternative

This meal planner is designed to use fresh, seasonal produce, however the price of produce can vary greatly. If a vegetable has suddenly shot up in price, you can swap it for a cheaper kind of vegetable e.g. onions can be used instead of leeks.

Make substitutions

If you or someone in your family doesn't like a key ingredient in the recipe, then you can change it for something else. Beef mince can be substituted for pork mince, white rice can be used instead of brown rice, frozen vegetables instead of fresh ones. You may need to adjust cooking times to suit.

Make your own stock

Chicken or vegetable stock is required in some of the recipes. You can purchase liquid chicken stock or stock cubes, however it is very cheap and easy to make your own.

Check before you shop

Always check your fridge, freezer and pantry before you go shopping as you may already have some of the ingredients that are on that week's shopping list.

STAPLES FOR THE MONTH

breadcrumbs
 butter or margarine
 cayenne pepper (optional)
 chilli flakes or powder (optional)
 cloves, whole (optional)
 cornflour
 curry powder
 fish sauce (optional)
 flour – plain and self-raising
 garlic – cloves or crushed ginger –
 fresh or crushed
 golden syrup (optional)
 honey (optional)
 mayonnaise
 milk
 mixed herbs, dried

mustard (optional)
 mustard, Dijon (optional)
 mustard powder (optional)
 oil – vegetable, olive or canola
 paprika
 peanut butter – crunchy or smooth
 pepper
 peppercorns, whole (optional)
 salt, iodised
 sesame oil (optional)
 soy sauce, low sodium
 stock – vegetable or chicken (liquid or
 cubes)
 sugar
 sweet chilli sauce
 tomato sauce
 vinegar, white



**KNOWING THE DIFFERENCE BETWEEN USE BY AND
BEST BEFORE WILL SAVE YOU FOOD AND MONEY**





COOKING TIPS

Cooking times will vary based on your appliances so remember to always check that the food is cooked properly.

The recipes assume that the frozen mixed vegetables being used are a mix of peas, beans, corn and carrots. If your mix has larger vegetables like broccoli and cauliflower then you may want to cook them for slightly longer.

You don't need to peel your vegetables, but make sure to wash them well. By keeping the skin on your vegetables you are not only reducing food waste, you are also increasing the nutrients and fibre in your meals.

Using stock cubes is much cheaper than buying liquid stock. To use a stock cube, dissolve one stock cube in a cup of boiling water. Adjust the quantities as necessary to get the amount required for the recipe.

You can adjust flavourings to suit your family's preferences. You can also make substitutions e.g. dried rosemary can be used instead of oregano or mixed herbs.

STORAGE TIPS

How you store your food has a huge impact on how long it lasts. Store bread in the freezer to keep it fresh and stop it growing mould.

Keep cheese tightly wrapped in its packaging or plastic bag to stop it drying out. If cheese grows mould, it is safe to cut the mould off and still eat the cheese.

Store potatoes and onions in cool, dark places but keep them separate from each other (e.g. in separate cupboards). If they are stored next to each other they will go bad much faster.

If you have cut pumpkin, wrap it tightly in cling wrap to keep it fresh. If it grows mould it is ok to cut the mould off and still eat the rest of the pumpkin.

The quantity of rice used in these recipes is generous. If it is too much for your family, you can cook less. If you have leftover cooked rice, you can freeze it. Leftover cooked rice is safe to eat, providing it is cooled quickly and reheated until it is piping hot.

WHAT IS ON YOUR DINNER PLATE?

Understanding the food groups and serve sizes

Eating a variety of foods from all food groups is important to keep healthy. How many serves of a particular food group you should eat depends on how old you are, how active you are and other medical conditions, such as if you are pregnant or have diabetes. For example, adults require more serves of carbohydrates than a five year old child. In addition, the serving size will be smaller for children compared to adults. Using your hands as a guide for serving sizes is an effective tool to prevent over or under eating. See the guidelines below for more details.

CARBOHYDRATES

6+ A DAY

Carbohydrates provide your body with the energy it needs to work properly. Good sources of carbohydrates include rice, pasta, breads, cereals and starchy vegetables (such as potatoes and kumara). Eat at least six serves per day and where possible, choose wholemeal or wholegrain varieties (like brown rice) for extra fibre.

For dinner, a quarter of your plate should be carbohydrates.

1 serve = 1 fist
 2 breakfast wheat biscuits;
 1 whole-grain bread roll; 1 sandwich-slice whole grain bread; ½ cup muesli; ½ cup cooked porridge; 1 cup cooked pasta; 1 cup cooked rice.

FRUIT AND VEGETABLES

3+ VEGETABLES & 2+ FRUIT A DAY

Fruit and vegetables provide a range of nutrients like fibres, vitamins and minerals that are essential to good health. Eat at least three servings of vegetables and at least two servings of fruit per day. Try to eat the rainbow as different coloured fruit and vegetables contain different nutrients.

For dinner, half of your plate should be vegetables.

1 serve vegetables
 = 1 full hand
 ½ cup cooked or frozen vegetable (e.g. peas, carrot, pūhā, silverbeet, kamokamo (squash), broccoli, cabbage, taro leaves); ½ cup salad

1 serve fruit = 1 cupped hand
 1 medium apple, pear, banana or orange OR 1 cup of fresh, frozen or stewed fruit salad.

PROTEIN

1+ A DAY

Protein is the building block for all cells in your body. Protein comes from dairy products as well as fish, seafood, eggs, poultry or red meat, nuts, seeds and legumes (such as lentils, kidney beans and chickpeas). Eat at least one serving of fish and other seafood, eggs, poultry or red meat a day OR eat at least two servings of legumes, nuts or seeds a day.

One portion of protein is about the amount that will fit in the palm of your hand.

For dinner, one quarter of your plate should be protein.

1 serve meat = 1 full hand palm size and thickness

Legumes =

$\frac{3}{4}$ cup cooked

beans, split

peas, chickpeas,

lentils; 1 medium fillet of

cooked fish (100g); 1 egg (50g); 2 drumsticks

or 1 chicken leg; 2 slices cooked meat

(approximately 100g); $\frac{3}{4}$ cup mince or casserole.

MILK AND MILK PRODUCTS

2+ A DAY

Milk, yoghurt and cheese provide protein, vitamins, and minerals including calcium which are important for bone health and strong teeth. Eat at least 2 servings of dairy products (milk, cheese, yoghurt) a day and choose low-fat or reduced-fat options. If you choose a plant-based milk (e.g, soy, rice or almond), make sure that it has added calcium (and vitamin B12 if you avoid animal-based foods).

1 serve = 1 glass (250ml) of milk or calcium-added soy or rice milk; 1 small pottle of yoghurt (125–150g); 2 slices (40g) of cheese.

THE **HANDY GUIDE** to perfect portions

LOVE FOOD HATE WASTE NEW ZEALAND

ONE FIST

CARBOHYDRATES
LEGUMES

RICE
PASTA
POTATO



ONE HAND

FISH
VEGETABLES



ONE PALM

PROTEIN

BEEF
PORK
EGGS
CHICKEN



ONE CUPPED HAND

FRUIT
NUTS
SEEDS



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WINTER RECIPES WEEK 1

This week's recipes:

- Roasted chicken & vegetables
- Chicken noodle soup
- Roasted vegetable frittata
- Lentil bolognese
- Salmon burger with lemon slaw



SHOPPING LIST

Butchery

Chicken, whole – 1.5 - 1.7kg (size 16)*
We recommend you cook the roasted chicken first, as the leftovers and carcass are used to make the chicken noodle soup.

Chilled

cheese, Edam* – 250g (or 1kg if you are going to follow all 4 weeks)

Produce

cabbage – ½
 carrots - 5
 leek – 1
 lemon – 1
 onions – 5
 potatoes – 8 large / 1.6kg
 pumpkin - ½

Use leftover vegetables from roast chicken meal for frittata

Frozen

mixed vegetables - 1kg

Grocery

cannellini beans – 2 cans
 eggs – 12
 hamburger buns – 6
 lentils – 2 cans

salmon – 1 can (415g)
 spaghetti, dried - 1 packet (500g)
 tomatoes, chopped - 2 cans

Staples for the week

breadcrumbs
 flour, plain
 garlic – cloves or crushed
 mayonnaise
 milk
 mixed herbs, dried
 oil – vegetable, olive or canola
 paprika
 pepper
 salt, iodised
 stock – chicken or vegetable (liquid or cubes)
 sugar
 sweet chilli sauce

On the recipes the * indicates shopping list ingredients which are used in multiple recipes.



ROASTED CHICKEN WITH VEGETABLES

Each serve gives: 1 Carb 1 Protein 3+ Veg

Cook Time Approx. 120 mins

Ingredients

1 whole chicken
(butterflied or whole)
2 tbsp oil (divided)
1 tsp paprika
Salt and pepper
4 potatoes, chopped
¼ pumpkin, chopped
2 onions, quartered
2 cups frozen mixed
vegetables
1 tbsp flour
1 cup chicken stock

Method

Preheat oven to 180°C. Pat the chicken dry with paper towels and place it breast-side up in a baking dish.

In a small bowl, combine 1 tablespoon of oil with the paprika and rub it all over the chicken. Season generously with salt and pepper.

Roast the chicken for about 1 hour 55 minutes if left whole, or for 1 hour if butterflied. To check if it's cooked through, cut into the thickest part of the meat — the juices should run clear with no pink.

While the chicken is roasting, place the chopped potatoes, pumpkin, and onions on a baking tray. Drizzle with the remaining tablespoon of oil, season with salt and pepper, and roast for 30 to 40 minutes until golden and tender.

There's no need to peel the potatoes or pumpkin — just give them a good wash.

About 10 minutes before the chicken is ready, cook the frozen mixed vegetables. Place them in a microwave-safe dish with a splash of water and microwave for 4 to 5 minutes, or boil them in a saucepan for the same amount of time. Drain once cooked.

When the chicken is done, transfer it to a large plate to rest for 10 minutes, reserving the juices in the baking dish.

To make the gravy, place 1 tablespoon of the reserved juices in a small pot over low heat. Stir in 1 tablespoon of flour to form a paste and cook for 30 seconds. Gradually whisk in the chicken stock, stirring constantly until thickened. Season to taste with salt and pepper.

Carve the rested chicken and serve it alongside the roasted and mixed vegetables, drizzled with gravy.

Tip

Once the meal is done, strip as much meat as possible from the chicken carcass and refrigerate it. You'll need about 3 cups of chicken meat for a chicken soup recipe. Save around 3 cups of roasted vegetables as well — these will be used in a roasted vegetable frittata later in the week.

CHICKEN NOODLE SOUP

Each serve gives: 1 Carb. ½ Protein 3 Veg

Cook Time Approx. 60 mins

Ingredients

chicken bones/carcass
(from roast chicken)
1 teaspoon salt
pepper, to taste
2 cloves garlic, chopped
or 1 teaspoon crushed
garlic
8 cups water (2 litres)
2 carrots, chopped*
½ leek, thinly sliced
including the green top*
¼ cabbage, thinly
sliced*
½ packet spaghetti*
3 cups cooked chicken,
shredded*
1 cup frozen mixed
vegetables*
1 can cannellini beans,
drained
leftover gravy (optional)
2 chicken stock cubes
2 teaspoons mixed herbs

Method

To make the broth, place the chicken carcass in a large pot along with a generous pinch of salt and pepper, the garlic cloves, and enough water to cover the bones.

Bring it to the boil, then reduce the heat and let it simmer gently for at least 30 minutes to extract the flavour.

Once the broth is ready, strain it through a sieve into a large bowl, discarding the bones and garlic. Return the broth to the pot.

Add the diced carrots, sliced leek, cabbage, broken spaghetti, cooked chicken, frozen vegetables, and cannellini beans to the broth. Stir in the leftover gravy if using, along with the chicken stock cubes and dried herbs. Simmer everything together for 10 to 15 minutes, or until the spaghetti is cooked and the vegetables are tender. If the soup becomes too thick, simply add more water to reach your desired consistency.

Taste and season with additional salt and pepper if needed before serving.

Tip

This recipe works well in a slow cooker. Simmer the broth for 2 hours on high (instead of 30 minutes), then add the remaining ingredients and cook for a further 2 hours.

Use any herbs or spices you enjoy to enhance the flavour.

If you're short on time, you can skip making the broth and use store-bought chicken stock. Start by adding ingredients directly to the stock as outlined above, and freeze the carcass to use another time.

Leftovers can be frozen.





ROASTED VEGETABLE FRITTATA

Each serve gives: 1/2 Carb 2 Protein 2 Veg

Cook Time Approx. 45 mins

Ingredients

1 tablespoon oil
1 onion, finely chopped*
2 cloves garlic, finely chopped or 1 teaspoon crushed garlic
2 cups frozen mixed vegetables*
3 cups roasted vegetables, chopped*
1 can cannellini beans, drained
10 eggs*
1/2 cup milk
1 teaspoon mixed herbs
salt, to taste
pepper, to taste
1 cup grated cheese*

Method

Preheat the oven to 180°C.

Heat the oil in a large oven-proof frying pan over medium heat. If you don't have an oven-proof pan, use a regular frying pan for the stovetop portion and transfer the mixture to a lined or greased baking dish before baking.

Add the chopped onion and garlic to the pan and cook for about 3 minutes, or until beginning to soften.

Stir in the frozen mixed vegetables and cook for another 5 minutes, or until they're warmed through. Mix in the roasted vegetables and cannellini beans until evenly combined.

In a separate bowl, whisk together the eggs, milk, dried herbs, and a good pinch of salt and pepper. Pour the egg mixture evenly over the vegetables in the pan. Sprinkle the grated cheese on top.

Transfer the pan to the oven and bake for 25–30 minutes, or until the eggs are set and the top is golden.

Let it cool slightly before cutting into wedges to serve.

Tip

If you don't have an ovenproof frying pan, transfer the vegetables and beans to a casserole or baking dish before you add the egg mixture.

Leftovers: Eat for breakfast or lunch the next day!

LENTIL BOLOGNESE

Each serve gives: 1 Carb 1 Protein 3 Veg

Cook Time Approx. 30 mins

Ingredients

1 tablespoon oil
 1 onion, finely chopped*
 ½ leek, thinly sliced*
 2 carrots, grated*
 3 cloves garlic, finely chopped or
 1 ½ teaspoons crushed garlic
 2 cans chopped tomatoes
 1 teaspoon sugar
 2 cans lentils, drained
 1 teaspoon dried mixed herbs
 1 teaspoon salt
 pepper, to taste
 2 cups frozen mixed vegetables*
 1/2 packet spaghetti (250g)*
 1 cup grated cheese*

Method

Bring a large pot of water to the boil to cook the spaghetti in.

Heat oil in a large frying pan on a medium heat. Add onion and leek and cook until soft.

Add carrots, garlic, chopped tomatoes, sugar, lentils and herbs to the frying pan. Mix well and season with salt and pepper.

Bring the mixture to a gentle simmer. Stir through the frozen mixed vegetables and then simmer for 15 minutes or until the sauce has thickened slightly.

While the sauce is simmering, cook the spaghetti according to the instructions on the packet. Once cooked, drain and keep warm.

To serve, portion the pasta into bowls and top with the bolognese. Sprinkle with grated cheese

Tip

The Bolognese sauce can be adapted to use whatever vegetables you have, just make sure to finely chop or grate them so they cook quickly.

Leftovers: Can be frozen.

SALMON BURGERS WITH LEMON SLAW

Each serve gives: 2 Carb 1 Protein ½ Veg

Cook Time Approx. 35 mins

Ingredients

For the patties:

1 can of salmon (415g), well drained and flaked
1 onion, grated*
1 cup frozen mixed vegetables, defrosted*
2 garlic cloves, crushed
2 tbsp sweet chilli sauce (optional)
2 eggs*
½ cup breadcrumbs
1 lemon
½ tsp salt
pepper, to taste

For the slaw:

2 cups shredded cabbage
1 cup grated or julienned carrot
Zest and juice of 1 lemon (divided)
3 tbsp mayonnaise
Salt and pepper

To serve:

6 hamburger buns

Method

Preheat the oven to 180°C and line a baking tray with baking paper.

In a large bowl, combine the salmon, grated onion, mixed vegetables, garlic, sweet chilli sauce, eggs, breadcrumbs, and the zest of half a lemon.

Season well with salt and pepper, then mix everything together until evenly combined. If the mixture feels too wet or doesn't hold together well, add a little more breadcrumbs until it's firmer and easy to shape.

Divide the mixture into six equal portions. Roll each into a ball, then place on the prepared tray and flatten into patties using your hands or the back of a spoon — aim to match the size of your burger buns.

Bake the patties for 15-20 minutes, flipping them halfway through for even browning.

While the patties are baking, prepare the slaw. In a large bowl, combine the shredded cabbage and carrots. Grate the remaining lemon zest over the slaw.

In a small bowl, stir together the mayonnaise and juice of the lemon, then pour it over the vegetables and toss well. Season to taste.

Slice the hamburger buns and place them cut-side up on a baking tray. Toast them in the oven for a few minutes until lightly crisp.

Serve the patties in toasted buns with a generous spoonful of lemony slaw.

Tip

Eat for lunch the next day. The cooked salmon patties can be frozen.



WINTER RECIPES WEEK 2

This week's recipes:

- Meatloaf with cheesy mashed potatoes
- Smoked fish pie
- Pumpkin and chicken curry
- Bean burritos
- Nasi Goreng



SHOPPING LIST

Butchery

beef mince - 500g
Pork Sausages - 6

Chilled

Cheese, Edam – 250g (As mentioned in Week One, buy 1kg block and grate, then freeze to use for the next few weeks)

Produce

cabbage – ¼
carrots – 6
onions - 4
potatoes – 8 large / 1.6kg
pumpkin – ½
spring onion – 1 bunch

Frozen

mixed vegetables – 1 kg packet
Spinach - 500g packet

Grocery

black beans - 1 can
brown rice - 1 kg (long grain)
chickpeas – 2 cans
chilli beans - 1 can

coconut milk - 1 can (400ml)
creamed corn - 1 can
eggs - 6
smoked fish - 1 can (450g)
Thai red curry paste – 1 sachet or jar (at least 50g)
tomatoes, chopped - 2 cans
tortillas – 10 -12

Staples for the week

breadcrumbs
butter or margarine
chilli flakes or powder (optional)
fish sauce (optional)
flour, plain
garlic – cloves or crushed
ginger – fresh or crushed
milk
mixed herbs, dried
mustard, Dijon (optional)
oil – vegetable, olive or canola
paprika
pepper
salt, iodised
sesame oil (optional)
soy sauce, low sodium
tomato sauce

On the recipes the * indicates shopping list ingredients which are used in multiple recipes.

Note: If you are following all four weeks and have bought cheese, potatoes and onions in bulk, you won't need to buy more this week.



MEATLOAF & CHEESY MASHED POTATOES

Each serve gives: 1 Carb 1 Protein 2 Veg

Cook Time Approx. 60 mins

Ingredients

For the meatloaf:

500g beef mince
1 onion, finely chopped*
2 garlic cloves, finely
chopped (or 1 tsp
crushed garlic)
2 tsp paprika
2 carrots, grated*
½ cup breadcrumbs
2 tbsp tomato sauce
Salt and pepper

For the mash:

8 large potatoes,
chopped into small
cubes*
1 tbsp butter or
margarine
1 cup grated cheese*
Salt and pepper

For the side:

2 cups frozen green
beans*

Method

Preheat the oven to 180°C.

In a large bowl, combine the beef mince, chopped onion, garlic, paprika, grated carrots, breadcrumbs, and tomato sauce. Season with salt and pepper, then mix thoroughly until well combined.

Press the mixture into a greased loaf tin and flatten the top. If you don't have a loaf tin, shape the mixture into a loaf and place it on a lined baking dish instead.

Bake the meatloaf for about 40 minutes, or until cooked through. Once done, remove from the oven and let it rest in the tin for 10 minutes before slicing. This helps it hold together when served.

While the meatloaf is cooking, place the chopped potatoes into a large pot of water and bring to a boil. Once boiling, reduce the heat and simmer for 20 minutes, or until the potatoes are soft. This batch will make extra — set aside half for use in a fish pie recipe later in the week.

Drain the cooked potatoes, then mash them with butter or margarine until smooth. Stir through the grated cheese and season with salt and pepper to taste. Cover the mash to keep it warm until ready to serve.

To cook the green beans, place them in a microwave-safe dish with a tablespoon of water and microwave for 3 to 5 minutes until just cooked.

If you don't have a microwave, boil the beans in a saucepan until heated through.

To serve, slice the meatloaf into thick pieces and plate it with a generous scoop of cheesy mashed potatoes and a side of green beans.

Tip

Save 3 cups of mashed potato for the fish pie.

Leftovers can be frozen.

SMOKED FISH PIE

Each serve gives: 1 Carb ½ Protein 2 Veg

Cook Time Approx. 50 mins

Ingredients

6 eggs
1 tbsp butter or margarine
1 tbsp flour
1 cup milk
1 tsp Dijon mustard (optional)
1 can smoked fish fillets, drained and flaked (approx. 450g)
1 can creamed corn
½ packet frozen spinach, defrosted and well-drained*
Salt and pepper, to taste
3 cups leftover mashed potato (from meatloaf recipe)*
3 cups frozen green beans*

*Great for using up leftovers or freezer staples.

Method

Preheat the oven to 180°C.

Place the eggs in a saucepan and cover them with water. Bring to a rolling boil, then turn off the heat, cover with a lid, and let the eggs sit for 10 minutes. Once the time is up, transfer them to a bowl of cold water to cool. When cool enough to handle, peel the eggs and cut them into quarters.

While the eggs are cooking, melt the butter in a small saucepan over low heat. Stir in the flour to form a smooth paste and cook for 30 seconds. Gradually whisk in the milk, stirring continuously until the sauce thickens and becomes smooth. Allow it to bubble briefly before removing it from the heat.

Stir in the Dijon mustard, if using, and gently fold in the quartered eggs, flaked smoked fish, creamed corn, and spinach. Season with salt and pepper. Pour this creamy mixture into a greased oven-proof dish.

Spread the mashed potato evenly over the top of the filling. If the mash has been chilled in the fridge, warm it slightly in the microwave first to make it easier to spread. Bake the pie in the oven for 30 minutes, or until the top is golden and the filling is bubbling.

While the pie is baking, cook the green beans by placing them in a microwave-safe dish with a tablespoon of water. Microwave for 3 to 5 minutes until just tender, or boil them in a pot if preferred.

Serve the hot fish pie with green beans on the side.

Tip

If you haven't yet made the meatloaf recipe and don't have leftover mashed potatoes, simply follow the mash instructions from that recipe to prepare a fresh batch.

Eat the leftovers for lunch.



PUMPKIN & CHICKPEA CURRY

Each serve gives: 1 Carb 1 Protein 3+ Veg

Cook Time Approx. 35 mins

Ingredients

5½ cups (1kg) brown rice*
 1 tbsp oil
 1 onion, finely chopped*
 3 garlic cloves, finely chopped (or 1½ tsp crushed garlic)
 2 tsp grated fresh ginger (or 1 tsp crushed ginger)
 2 tbsp Thai red curry paste (about 50g)
 2 carrots, chopped into small cubes*
 ½ pumpkin, chopped into small cubes
 1 can chopped tomatoes*
 Salt and pepper, to taste
 1 tsp chilli powder (optional)
 1 can coconut milk
 2 cans chickpeas, drained
 2 cups frozen green beans*

*Use up leftovers or frozen veg where possible.

Tip

If you bought a jar of curry paste you will have some leftover. This will last in the fridge for months so you can use it to make this recipe again or use it in the Nasi Goreng.

Leftovers can be frozen.

Method

Cook the brown rice according to the packet instructions. This recipe makes a large quantity, so use a very large pot or a rice cooker.

If you're short on time, you can cook the rice ahead of time and refrigerate it until needed. To cool it quickly, spread it on a tray and place it in the fridge once it's no longer steaming, or rinse it under cold water.

If you're not following the full weekly meal plan, you can cook just 2 cups of rice for this meal.

While the rice is cooking, heat the oil in a large frying pan over medium heat. Add the chopped onion and cook until soft and translucent.

Stir in the garlic, ginger, and red curry paste. Cook for 2 minutes, allowing the spices to release their aroma.

Add the chopped carrots, pumpkin, canned tomatoes, and season with salt, pepper, and chilli powder if using.

Stir until all the vegetables are coated in the curry base. Pour in the coconut milk, reduce the heat to low, and simmer for 10 minutes. Add the chickpeas and frozen green beans, then cook for another 5 minutes or until all the vegetables are tender.

Serve the curry hot over the cooked brown rice.

Save: You need 3 cups of rice leftover to use in the burritos, and 4 cups in the Nasi Goreng. It is really important that you cool the rice quickly and get it into the fridge as soon as possible. One way to cool rice quickly is to spread it over a large tray and then pop it into the fridge as soon as it is cool. Another way is to rinse the rice under cold water.

BEAN BURRITOS

Each serve gives: 2 Carb 1 Protein 2 Veg

Cook Time Approx. 30 mins

Ingredients

1 tbsp oil
 1 onion, finely chopped*
 4 garlic cloves, finely chopped (or 2 tsp crushed garlic)
 2 tsp paprika
 1 can chilli beans
 1 can black beans, drained
 1 can chopped tomatoes*
 1 carrot, grated*
 ½ packet frozen spinach, defrosted and well-drained*
 1 tsp dried mixed herbs
 ½ tsp chilli flakes or powder (optional)
 3 cups cooked rice*
 10–12 tortillas
 1 cup grated cheese*

*Use up leftovers or frozen vegetables where possible.

Method

Heat the oil in a large frying pan or pot over medium heat.

Add the chopped onion and cook for about 5 minutes until soft and translucent.

Stir in the garlic and paprika, and cook for another 2 minutes. Add the chilli beans, black beans, chopped tomatoes, grated carrot, spinach, mixed herbs, and chilli flakes or powder, if using. Mix in the cooked rice and stir everything together.

Let the mixture simmer for 10–15 minutes, stirring occasionally, until thickened. Season with salt and pepper to taste.

To assemble the burritos, warm the tortillas according to the packet instructions.

Spoon a generous amount of the bean and rice filling into the centre of each tortilla, sprinkle with grated cheese, then fold the sides in and roll up to form a burrito.

Tip

Baked beans can be used in place of the chilli and black beans if preferred.

For a crispy burrito, toast it in a sandwich press or pan-fry until golden on the outside.



NASI GORENG STYLE RICE

Each serve gives: 1 Carb 1 Protein 2 Veg

Cook Time Approx. 30 mins

Ingredients

2 tbsp oil, divided
 6 pork sausages
 1 onion, diced*
 4 garlic cloves, finely chopped (or 2 tsp crushed garlic)
 2 cups frozen green beans*
 1 carrot, cut into thin sticks*
 ¼ cabbage, finely sliced
 ¼ cup soy sauce
 ¼ cup tomato sauce
 1 tbsp fish sauce (see tip below)
 1 bunch spring onions, thinly sliced
 4 cups cooked rice, cooled*
 1 tsp sesame oil (optional)
 Chilli flakes or powder, to taste (optional)

Method

Heat 1 tablespoon of oil in a large frying pan or wok over medium-high heat. Add the sausages and cook until browned and cooked through. Remove them from the pan and slice into bite-sized pieces.

Add the remaining tablespoon of oil to the same pan and toss in the diced onion. Cook until the onion softens and turns translucent.

Turn the heat up to high and add the garlic. Fry for about a minute, then stir in the green beans, carrot sticks, and cabbage. Cook, stirring frequently, until the beans are heated through and the carrot begins to soften.

Stir in the soy sauce, tomato sauce, and fish sauce, mixing well to coat the vegetables evenly.

Add the spring onions, chopped sausages, and cooled rice to the pan. Stir constantly to break up any clumps of rice and ensure everything is well combined and heated through. Drizzle over the sesame oil, if using.

Spoon the fried rice into bowls and finish with a sprinkle of chilli flakes or powder, if desired.

Tip

Fish sauce can be substituted with 2 tablespoons of soy sauce or oyster sauce, or 1 tablespoon red curry paste.

Eat leftovers for lunch the next day.



AUTUMN RECIPES WEEK 3

This week's recipes:

- Leek & Potatoe soup
- Teriyaki chicken drumsticks
- Salmon quiche
- Nachos
- Sweet & sour pork



SHOPPING LIST

Butchery

chicken drumsticks, – 1.2kg or 10 - 12 drumsticks
pork, diced – 600g

Chilled

cheese – 250g (approx. 2 cups for this week but consider buying a 1kg block in Week One and grating it into cup portions, then freezing for future weeks)
bacon, middle – 200g

Produce

broccoli - 1
carrots - 6
celery – ½ bunch
leek – 1 large or 2 small
onions – 3
potatoes – 3 large / 600g

Frozen

mixed vegetables – 1 kg packet

Grocery

baguette - 1
brown rice – 1kg (long grain)
corn chips – 300g
eggs – 6
kidney beans – 2 cans
pineapple, pieces in juice – 1 can (425g)
salmon – 1 can (415g)
tomatoes, chopped - 2 cans

Staples for the week

butter or margarine
cayenne pepper (optional)
chilli powder (optional)
cornflour
flour – self raising
garlic – cloves or crushed
ginger – fresh or crushed
honey (optional)
milk
oil – vegetable, olive or canola
paprika (optional)
pepper
salt, iodised
soy sauce, low sodium
stock – vegetable or chicken (liquid or cubes)
sugar
vinegar – white

On the recipes the * indicates shopping list ingredients which are used in multiple recipes.



LEEK & POTATO SOUP

Each serve gives: 1 Carb 1 Protein 2 Veg

Cook Time Approx. 60 mins

Ingredients

50g butter or 3 tbsp margarine
3 large potatoes, washed and cut into 1cm cubes
1 large or 2 small leeks
Salt and pepper, to taste
4 cups vegetable stock
1 cup milk
200g bacon
1 baguette

Method

Melt the butter in a large saucepan over medium heat. Add the diced potatoes and stir gently.

Prepare the leeks by slicing the white parts into small rounds and adding them to the pan. Separate the green leaves, wash them thoroughly to remove any dirt, slice them into thin ribbons, and add them as well.

Stir the vegetables so they're evenly coated in the butter, then season with salt and pepper. Reduce the heat to low, cover the pan with a lid, and let the vegetables cook gently for about 10 minutes, stirring occasionally to prevent browning.

Pour in the vegetable stock and stir to combine. Bring the mixture to a boil, then reduce the heat and simmer for 30 minutes, or until the potatoes are soft and tender.

Use a potato masher to roughly mash the potatoes directly in the pot — this will help thicken the soup while keeping it rustic. Stir in the milk and bring the soup back to a gentle simmer.

While the soup simmers, heat a frying pan over medium heat. Slice the bacon thinly and fry until crispy or cooked to your liking.

Ladle the soup into bowls and top each serving with a sprinkle of crispy bacon. Serve with slices of baguette on the side.

Tip

If your baguette is a little stale, slice it, brush it lightly with oil, and toast in the oven until golden and crisp — it makes excellent croutons or soup dippers.

Leftovers can be frozen.

TERIYAKI CHICKEN DRUMSTICKS

Each serve gives: 1 Carb 1 Protein 3+ Veg

Cook Time Approx. 45 mins

Ingredients

½ cup soy sauce
3 tbsp white vinegar
¼ cup sugar or 2 tbsp honey
1 tbsp grated fresh ginger (or 1½ tsp crushed ginger)
10 chicken drumsticks
3½ cups brown rice*
(If you're making just this recipe, cook only 2 cups of rice)
1 tbsp oil
2 garlic cloves, finely chopped (or 1 tsp crushed garlic)
2 cups frozen mixed vegetables*
1 head broccoli, chopped into florets, stalk sliced into batons
¼ bunch celery, thinly sliced*

Tip

The pan juices make a great drizzle over the chicken and rice. If you have extra marinade, you can simmer it separately until thickened and bubbling before using as a sauce.

Method

Preheat the oven to 180°C.

Use a sharp knife to cut three to four shallow slits into the fleshy part of each drumstick — this helps the marinade soak in and the chicken cook evenly.

In a large bowl, whisk together the soy sauce, vinegar, sugar or honey, and ginger. Add the chicken drumsticks and toss to coat well. Cover and let them marinate for about 15 minutes while the oven continues to heat.

Transfer the marinated chicken to a roasting dish, reserving any extra marinade if desired. Bake for around 30 minutes, or until the chicken is fully cooked. To check for doneness, cut into the thickest part — the juices should run clear and the meat should not be pink.

While the chicken is roasting, cook the brown rice according to the packet instructions. This recipe makes a generous amount of rice, with extra intended for use in another meal such as the salmon quiche. If you're making just this recipe, cook only 2 cups of rice.

When the chicken is nearly ready, heat the oil in a frying pan over medium heat. Add the garlic, frozen mixed vegetables, chopped broccoli, and celery.

Stir-fry for several minutes until the vegetables are cooked through but still vibrant. Season with salt and pepper to taste.

Serve the chicken drumsticks over a bed of brown rice, with the stir-fried vegetables on the side. For extra flavour, spoon over any pan juices left in the roasting dish as a quick and tasty sauce.





SALMON QUICHE

Each serve gives: ½ Carb 2 Protein 1 ½ Veg

Cook Time Approx. 60 mins

Ingredients

1 tbsp oil
1 onion, finely sliced*
2 garlic cloves, finely chopped (or 1 tsp crushed garlic)
2 carrots, grated*
1 cup grated cheese*
1 cup self-raising flour
1 can (415g) salmon, drained and flaked
2 cups frozen mixed vegetables, defrosted*
3 cups cooked rice*
⅓ cup oil
6 eggs, lightly beaten

Method

Preheat the oven to 180°C and grease a medium-sized baking dish.

Heat 1 tablespoon of oil in a medium frying pan over low to medium heat. Add the sliced onion and garlic and cook gently until soft and fragrant.

Transfer the cooked onion and garlic to a very large mixing bowl. Add the grated carrots, cheese, and self-raising flour, and mix well to combine.

Stir through the flaked salmon, mixed vegetables, and cooked rice.

Pour the additional ⅓ cup of oil and the lightly beaten eggs into the bowl. Season with salt and pepper and mix thoroughly until everything is evenly combined.

Tip the mixture into the prepared baking dish and smooth the top. Bake for 30 to 40 minutes, or until the top is golden and the quiche is set — it should spring back slightly when touched in the centre.

Let the quiche rest for about 5 minutes before slicing and serving.

Tip

This recipe is a great way to use up leftover rice from the teriyaki drumsticks meal. You can also swap in cooked quinoa or couscous for variety.

NACHOS

Each serve gives: 1 ½ Carb 1 Protein 2+ Veg

Cook Time Approx. 30 mins

Ingredients

1 tbsp oil
 1 onion, finely chopped*
 2 carrots, grated*
 3 garlic cloves, finely chopped (or 1 ½ tsp crushed garlic)
 1 tsp paprika (optional)
 Cayenne pepper or chilli powder, to taste (optional)
 2 cans kidney beans, drained
 2 cans chopped tomatoes
 1 tsp sugar
 2 cups frozen mixed vegetables*
 Salt and pepper, to taste
 300g corn chips
 1 cup of grated cheese

Method

Heat the oil in a large frying pan over medium heat. Add the chopped onion and cook gently until softened and translucent.

Stir in the grated carrots, garlic, paprika, and a pinch of cayenne or chilli powder, if using. Fry for a minute until fragrant.

Add the kidney beans, chopped tomatoes, and sugar. Bring everything to a boil, then reduce the heat and let it simmer for about 5 minutes.

Stir in the frozen mixed vegetables and cook for another 10 minutes, or until the vegetables are tender and the sauce has thickened. Season well with salt and pepper to taste.

Spread the corn chips in a single layer over a large baking tray. Spoon the warm bean and vegetable sauce evenly over the chips, then sprinkle the grated cheese on top.

Place the tray under the grill for a few minutes, just until the cheese is melted and bubbling.

Serve hot, straight from the tray.

Tip

If this meal isn't going to be eaten all at once, only heat in the oven as much as you need otherwise the corn chips will go soggy.

Leftovers: The bean sauce can be frozen.

SWEET & SOUR PORK

Each serve gives: 1 Carb 1 Protein 3 Veg

Cook Time Approx. 30 mins

Ingredients

2 cups brown rice*
 1 tbsp oil
 1 onion, finely chopped*
 600g pork, diced
 2 carrots, diced*
 ¼ bunch celery, thinly sliced*
 3 tbsp soy sauce
 1 can pineapple pieces in juice, drained (reserve the juice)
 3 cups frozen mixed vegetables*
 1 tbsp cornflour
 2 tbsp water
 Salt and pepper to taste

Method

Start by cooking the brown rice according to the packet instructions. Set aside and keep warm.

While the rice cooks, heat the oil in a large frying pan over medium heat. Add the chopped onion and cook until soft and translucent.

Add the diced pork to the pan and cook for about 10 minutes, stirring occasionally, until browned on all sides.

Stir in the diced carrots, celery, soy sauce, pineapple pieces, and frozen mixed vegetables.

Cook for a further 5 minutes until the vegetables are just tender and the mixture is well combined.

In a small bowl, whisk together the cornflour, water, and reserved pineapple juice until smooth. Pour this sauce into the pan and stir well. Continue cooking until the sauce thickens and coats the ingredients evenly. Season to taste with salt and pepper.

Spoon the sweet and sour pork over servings of warm brown rice and serve hot.

Tip

Leftovers can be frozen or be eaten for lunch the next day.



AUTUMN RECIPES WEEK 4

This week's recipes:

- Corned beef with
- Thai style pumpkin soup
- Cheese and bacon bread pudding
- Satay tofu noodle



SHOPPING LIST

Butchery

corned beef / silverside – 1.2 kg

Chilled

bacon, middle - 200g
cheese, Edam - 250g
milk – 1 litre
tofu, firm - 2 blocks (300g)

Produce

cabbage – 1
carrots – 4
onions – 3
parsnips – 3
potatoes – 8 large / 1.6kg
pumpkin - 1/2

Frozen

broccoli and cauliflower mix - 1kg
packet

Grocery

bread, wholemeal sandwich - 1 loaf
cannellini beans – 2 cans
coconut milk, lite - 1 can (400ml)
corn kernels - 1 can
eggs – 12
udon noodles - 3 packets

Staples for the week

butter or margarine
chilli powder (optional)
cloves, whole (optional)
curry powder
flour - plain
garlic - cloves or crushed
ginger - fresh or crushed
golden syrup (optional)
mustard or mustard powder (optional)
oil - vegetable, olive or canola
peanut butter – crunchy or smooth
pepper
peppercorns, whole (optional)
salt, iodised
soy sauce, low sodium
stock - vegetable or chicken (liquid or
cubes)
sweet chilli sauce

On the recipes the * indicates
shopping list ingredients which are
used in multiple recipes.



CORNEB BEEF WITH MASHED POTATOS

Each serve gives: ½ Carb 1 Protein ½ Veg

Cook Time Approx. 75 mins

Ingredients

1.2kg corned beef
1 onion, chopped into chunks*
1 tsp whole cloves (optional)
1 tsp whole peppercorns or ½ tsp ground pepper
1 tbsp white vinegar
1 tbsp sugar or golden syrup
8 large potatoes, cleaned and chopped into small chunks*
4 cups frozen broccoli and cauliflower mix*
½ cup milk*
1 tbsp butter or margarine
Salt and pepper, to taste

For the mustard sauce:

1 tbsp butter or margarine
1 tbsp plain flour
1 tsp mustard or mustard powder
1 cup corned beef cooking water

Method

Start by rinsing the corned beef under cold water to remove any packaging brine. Place it in a large pot along with the chopped onion, cloves, peppercorns, vinegar, and sugar or golden syrup. Add enough cold water to cover the meat completely.

Bring the pot to a gentle simmer over medium heat. Once simmering, reduce the heat to low and continue to simmer gently—avoid boiling, as this can dry out the meat. Let the corned beef cook for 1 to 1½ hours, or until tender when pierced with a fork. Once done, leave the meat to cool slightly in the cooking liquid until you're ready to serve. This keeps it moist and full of flavour.

While the beef is simmering, prepare the vegetables. Place the chopped potatoes in a large pot and cover with water. Bring to a boil and cook for about 15 minutes. Then, add the frozen broccoli and cauliflower and continue cooking for another 5 to 10 minutes, until all the vegetables are tender.

Drain the water. Using tongs or a fork, lift out the broccoli and cauliflower and set them aside on a serving plate. Return the potatoes to the pot and mash them until nearly smooth. Stir in the milk, salt, and pepper, and mix until well combined. Cover the pot to keep the mash warm.

To make the mustard sauce, melt the butter or margarine in a small saucepan over low heat. Stir in the flour and mustard to form a paste, and cook for 30 seconds. Gradually whisk in 1 cup of the hot cooking water from the corned beef pot. Continue stirring until the sauce thickens and gently boils.

When ready to serve, remove the corned beef from the pot and slice two-thirds of it, reserving the remaining third for leftovers. Plate the meat with a generous scoop of mashed potatoes, a mix of broccoli and cauliflower, and a spoonful of the warm mustard sauce.

Tips

If you are in a hurry, cutting the corned beef in half before placing it in the pot will decrease the cooking time. If you are doing this, the corned beef should take about 30 minutes to cook.

CORNERED BEEF HASH CAKE

Each serve gives: ½ Carb ½ Protein 2 ½ Veg

Cook Time Approx. 45 mins

Ingredients

Approx. 300g leftover cooked corned beef*
3–4 cups leftover mashed potatoes*
1 tbsp mustard or leftover mustard sauce (optional)
4 garlic cloves, finely chopped (or 2 tsp crushed garlic), divided
Pepper, to taste
3 tbsp oil, divided
3 parsnips, sliced into batons
Salt, to taste
½ cabbage, thinly sliced*

Tip

Use a pastry brush to evenly coat the hash cakes with oil before baking — it helps them crisp up beautifully in the oven.

Method

Preheat the oven to 190°C and lightly grease a baking tray.

Dice the leftover corned beef and place it in a large mixing bowl. Add the mashed potatoes, mustard (if using), and half of the garlic. Season generously with pepper, then mix everything together until fully combined.

Shape the mixture into 12 even-sized patties using your hands. Arrange them on the prepared baking tray and brush the tops with 1 tablespoon of oil. Bake for 25 to 30 minutes, flipping halfway through, until golden and crisp on both sides.

While the hash cakes are baking, spread the sliced parsnips on a separate lined baking tray. Drizzle with 1 tablespoon of oil and season with salt and pepper.

Roast them in the oven at the same time as the hash cakes, turning once, until they are tender and lightly browned.

As the patties and parsnips roast, heat the remaining tablespoon of oil in a frying pan over medium heat. Add the remaining garlic and the sliced cabbage. Cook, stirring occasionally, for 10 to 15 minutes, or until the cabbage is tender. Season well with salt and pepper to taste.

Serve the crispy hash cakes alongside the roasted parsnips and sautéed cabbage for a hearty, warming meal.





THAI-STYLE PUMPKIN SOUP

Each serve gives: 1 Carb ¾ Protein 3 Veg

Cook Time Approx. 50 mins

Ingredients

½ pumpkin, chopped into 1cm cubes*
 1 onion, finely chopped*
 2 carrots, chopped into 1cm cubes*
 2 tsp grated ginger (or 1 tsp crushed ginger)
 2 garlic cloves, finely chopped (or 1 tsp crushed garlic)
 2 tsp curry powder
 1 tbsp sweet chilli sauce (optional)
 1 tsp chilli powder (optional)
 6 cups chicken or vegetable stock
 2 cans cannellini beans, drained
 1 can coconut milk
 Salt and pepper, to taste

For the garlic bread:

1 tbsp butter or margarine, softened
 2 garlic cloves, finely chopped (or 1 tsp crushed garlic)
 6 slices bread*

Method

Place the chopped pumpkin, onion, carrots, ginger, garlic, and curry powder in a large pot. Add the sweet chilli sauce and chilli powder if using, then pour in the stock.

Set the pot over medium heat and bring to a boil. Once boiling, reduce the heat and allow the soup to simmer for about 20 minutes, or until the pumpkin is soft and the vegetables are tender.

Remove the pot from the heat and stir in the cannellini beans. Use a potato masher, stick blender, or food processor to blend the soup until smooth, depending on your preferred texture.

Stir in the coconut milk and return the pot to the stove. Reheat gently over medium heat until the soup is warmed through. Season to taste with salt and pepper.

While the soup is reheating, prepare the garlic bread. In a small bowl, mix the softened butter or margarine with the chopped garlic. Toast the slices of bread in a toaster, then spread with the garlic butter. If you don't have a toaster, lay the bread slices on a baking tray, spread with garlic butter, and grill under a preheated oven grill until golden and crispy.

Ladle the hot soup into bowls and serve with the warm garlic bread on the side.

Tips

You usually don't need to peel pumpkin unless the skin is particularly tough — just give it a good wash. If you do peel it, don't forget to compost the skins.

Leftovers can be frozen. Let it cool completely, then portion into containers and freeze for quick future meals.

CHEESE & BACON BREAD PUDDING

Each serve gives: 2 Carb 1 Protein 1 ½ Veg

Cook Time Approx. 55 mins

Ingredients

1 tbsp oil
1 onion, finely chopped*
200g bacon, chopped
2 garlic cloves, finely
chopped (or 1 tsp
crushed garlic)
1 carrot, grated*
1 can corn kernels,
drained
2 cups frozen broccoli
and cauliflower mix,
defrosted and chopped
into smaller pieces*
6 eggs*
2 cups milk*
Salt and pepper, to taste
3 tbsp butter or
margarine
12 slices bread*
2 cups grated cheese

Method

Preheat the oven to 180°C and lightly grease a medium baking or casserole dish.

Heat the oil in a frying pan over medium heat. Add the chopped onion and bacon and cook until the onion is soft and the bacon begins to crisp. Stir in the garlic, grated carrot, corn, and chopped broccoli and cauliflower. Cook for about five minutes, then remove from the heat.

In a separate bowl, whisk together the eggs and milk, seasoning with salt and pepper.

Butter one side of each bread slice. Lay a layer of bread, buttered side down, in the bottom of the prepared baking dish. Spoon over a portion of the bacon and vegetable mixture and sprinkle with some grated cheese. Continue layering bread, the bacon-vegetable mix, and cheese until all the ingredients are used, finishing with a layer of cheese on top.

Pour the egg mixture evenly over the layered bread and fillings. Let it sit for about five minutes to allow the liquid to soak through. Gently press down with the back of a spoon or spatula to ensure the egg reaches the bottom layers.

Bake for 30 to 40 minutes, or until the egg is fully set and the top is golden brown.

Let the pudding rest for a few minutes before slicing and serving warm.

Tip

This can be made in advance and kept uncooked in the fridge for a couple of hours until you are ready to bake it.

Eat leftovers for breakfast.



SATAY TOFU NOODLES

Each serve gives: 1 Carb 1 Protein 3 Veg

Cook Time Approx. 30 mins

Ingredients

For the satay sauce:

½ cup peanut butter
(smooth or crunchy)
1 tbsp white vinegar
1 tbsp grated ginger (or
1 ½ tsp crushed ginger)
1 tbsp sweet chilli sauce
1 ½ tsp soy sauce

For the noodles:

3 packets udon noodles
3 tbsp oil, divided
300g firm tofu, cut into
1cm cubes
1 cup frozen broccoli
and cauliflower mix*
1 carrot, cut into thin
sticks*
½ head cabbage, thinly
sliced*
6 eggs*

Method

Start by making the satay sauce. In a bowl, combine the peanut butter, vinegar, ginger, sweet chilli sauce, and soy sauce. Stir until smooth and creamy, then set aside.

Place the udon noodles in a large bowl and cover with boiling water. Soak according to the packet instructions until soft, then drain and set aside.

Heat 2 tablespoons of oil in a large frying pan over medium-high heat. Add the tofu cubes and cook, turning occasionally, until they are golden and crisp on all sides. Transfer the cooked tofu to a plate and set aside. If needed, cook the tofu in batches to avoid overcrowding the pan.

In the same pan, add the frozen broccoli and cauliflower and stir-fry for about 5 minutes. Add the carrot and cabbage, and continue cooking until the vegetables are just tender.

Meanwhile, in a separate frying pan, heat the remaining tablespoon of oil over medium heat. Crack in the eggs and fry them until the whites are set but the yolks remain runny, or cook them to your preferred doneness.

Return to the vegetable pan and pour in the satay sauce. Once the sauce begins to gently bubble, add the drained noodles and the cooked tofu. Stir well to coat everything in the sauce and heat through evenly.

Divide the noodles among serving bowls and top each one with a fried egg. Serve hot.

Tip

If you think your family won't like tofu you can replace the tofu with chicken but you will need to cook the chicken for longer in step 3 to make sure it is fully cooked.



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